



## Go Back to Go Forward

- We must be willing to confront our behavior and even our past in order to go deeper.
  - What root issues are you willing to expose?
- Consider the hard work of repentance.
  - How can we support our spouses in this wrestling?

*"And Jacob was left alone; and there wrestled a man with him until the breaking of the day...And he said unto him, What [is] thy name? And he said, Jacob." - Gen 32:24, 27*

### A clear mirror can expose our shadow:

- untamed emotions, less-than-pure motives and thoughts that, while largely unconscious, strongly influence and shape your behaviors.

### Seeing your shadow:

1. Face your feelings.
  - What am I feeling?
  - When do I sense these feelings?
2. Explore what lies behind your feelings.
  - What am I afraid of?
  - Where did this thinking come from?
3. Lovingly help each other as spouses.

Peter Scazzero, "The Emotionally Healthy Leader" pg 70-79

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## Go Back to Go Forward: Knowing God

- How well do we know who God is?
  - As we go back, we often see the Lord in a different light.
  - Let His Light overshadow our shadow.
  - And see ourselves more clearly for who we are to be.

*"And God said unto Jacob, Arise, go up to Bethel, and dwell there: and make there an altar unto God...and God appeared unto Jacob again...and called his name Israel." Gen. 35:1, 9-10*

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## The Faithfulness of God

- God remains faithful to His promises.
  - As you grow in your knowledge of his faithfulness, your marriage will reflect this same faithfulness.

*"I will even betroth thee unto me in faithfulness: and thou shalt know the LORD." - Hos 2:20*

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## Self & Couple Reflection

### Go Back – Your Shadow

- Think through 2 areas of your Shadow:
  - 1.
  - 2.

### Go Forward – God's Faithfulness

- In these shadows, how has God shown himself faithful:
  - 1.
  - 2.

Consider the impact on your marriage:

- 1.
- 2.

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